

Sidelying Internal Rotation

1a. Lie on your side with arm under you and elbow bent to 90°.

1b. Rotate shoulder bringing forearm up and across abdomen. Slowly lower to starting position.

Repeat \_\_\_ times.

Repeat lying on other side.

1a.



1b.



2a.



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2b.



Sidelying External Rotation

2a .Lie on your side with top elbow bent to 90°, holding a towel roll between upper arm and side of body.

2b. Rotate shoulder bringing forearm to vertical position. Slowly lower to starting position.

Repeat \_\_\_ times.

Repeat lying on other side.